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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
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CATALOGING - PREP.



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Shelling nuts? Hard shells are easier to crack and nutmeats break less often if nuts are first soaked in warm water several hours or overnight—according to USDA home economists. Spread nutmeats and let them stand a few hours to dry before storing.

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Did you know that coconuts and chestnuts contain little protein?

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Use your imagination for "company fare" of plain food. Serve sour cream with nuts on meat or baked potatoes or add chopped nuts to your vegetables. Why not roll scoops of ice cream in nuts? Or slivered nuts in your tossed vegetable salads?

* * *

Storage counts. If you keep peanut butter in the refrigerator instead of at room temperature, the peanut butter will keep its quality longer.

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And—roasting or toasting nuts enhances the flavor and color of nuts. Spread nuts on a shallow pan or baking sheet and heat oven to 350°F—put nuts in oven for 5 to 12 minutes, or until lightly brown. Stir occasionally.

* * *

A NEW PASSIFLORA

—called INCENSE

A new passiflora—Incense—with large, colorful, and fragrant flowers on vigorous, dark, green vines has been produced by the U.S. Department of Agriculture at the Plant Introduction Station, Miami, Florida.

Incense, an ornamental and edible fruited vine, has potential value for home cultivation in Florida and other protected areas of the country—according to the Agricultural Research Service of USDA.

Fruits from the Incense vine are olive colored—until they drop (on maturity) and turn to chartreuse (a lighter yellowish green). Fruits are small, egg-shaped, and measure less than 2 x 2 inches and average about 20 to the pound. They have a strong, rose-like fragrance not unlike the smell of sweet peas. The juice is an effective addition to orange juice or ade drinks—or can be used in jellies, cake and pie fillings—or even frostings, according to ARS.

Limited quantities of rooted cuttings are available to nurserymen and research institutions from the U. S. Plant Introduction Station at Miami, Florida—but please note: USDA does not have any plants for sale.



symbols

new
recreation signs
to guide
you

Water Recreation



Winter Recreation

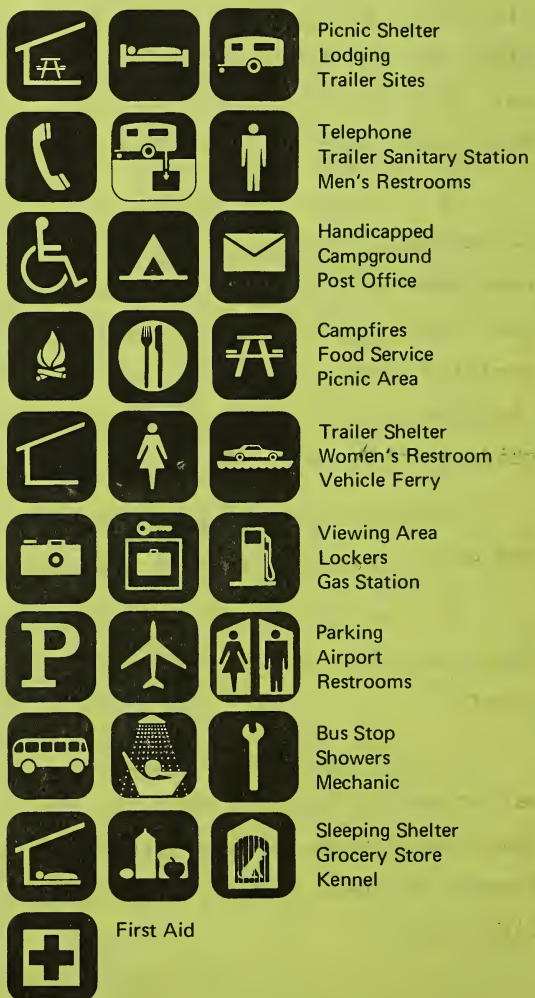


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slash mark indicates
activity is prohibited.

Land Recreation



Accommodations/Services



Visit the "RIVER OF NO RETURN"

The Salmon River is one of the most challenging waterways in the United States. It originates in the Sawtooth Valley in the Sawtooth National Forest and Lemhi Valley of central and eastern Idaho and is better known as the "River of No Return". It is 425 miles long, drains 14,000 square miles. It rises to elevations of 8,000 feet.

This well-known river forms a common boundary, along its course, between the Salmon, Bitterroot, Nezperce and Payette National Forests. ~~There are a few~~ cabins along the river which are located on private land deeded to hardy homesteaders or miners. But—for the most part—the area is spread free and wild and offers primeval recreational, scientific, educational and historical values of benefit to all. The Forest Service, of the U.S. Department of Agriculture, has classified 216,878 acres as the Salmon River Breaks Primitive area. Farther north is the 1.2 million acre Selway-Bitterroot Wilderness and they are part of the Forest Service Wilderness Land management program.

Only one-way trips down the Salmon River were possible for more than 150 years—however, in recent years and with the advent of power boats, skilled river men have been able to travel up the river. But—even today, this trip demands the best in skill, experience and equipment. If you want to make it—it will be an exciting adventure. However, if you lack experience, equipment, or knowledge of the river, you should definitely secure the services of a licensed outfitter or guide in this area. There are more than 40 stretches of rapids on the river.

Do you like fishing or hunting? The "Big Fish Water" stream provides sportsmen with a variety of trout and salmon as well as whitefish.

For the hunters there is the Salmon River Canyon and surrounding country with big game—elk, mountain goat, deer, and bear which can be hunted with rifles or camera.

Get out your maps—this is a challenging and beautiful trip. Detailed information may be obtained from the Forest Supervisor at Bitterroot National Forest, Hamilton, Montana 59840; Nezperce National Forest, Grangeville, Idaho 83530; Payette National Forest, McCall, Idaho 83638; or Salmon National Forest, Salmon, Idaho 83467.

WHAT MAKES A MEAT PATTY?

If you make meat into patties ahead of time and freeze them, you can save time on the day you need them for dinner. You know what kind of meat you purchased—or perhaps even ground yourself—so you know what's inside your patties. Sometimes, however, you may even feel it worth the slight additional cost to buy meat patties ready-made. But—when you do—do you know what's in them?

A new U.S. Department of Agriculture proposal—which you can comment on—could help. It would set up two categories for these products, with specific ingredient and labeling requirements for each. First, there would be products labeled as "meat patties." These would be made of ground meat (which could contain up to 30 percent added fat plus seasonings). If the meat is of one particular type, such as beef, the patties could be called "beef patties".

Patties in the second category would be called "patties with meat". They would have to contain at least 60 percent meat, and not more than 30 percent of the meat content could be fat. These patties could also contain other ingredients, like meat byproducts, poultry products, soy products, water, cereal, and starches. Again, seasonings could be added.

Most important—labels on "patties with meat" would have to list the percentage of all ingredients (although spices and seasonings could be combined). And, these products would have to contain at least 13.5 percent protein of a quality to ensure that they have at least 90 percent of the protein equivalent of a "meat patty".

That means you could buy "patties with meat", possibly at lower cost than "meat patties", with confidence that you are still getting a nutritious product. And, USDA officials say, the minimum protein requirements for "patties with meat" could also prevent nutritionally deficient products from being sold to consumers through institutions and restaurants, for example, where consumers have no access to labels or ingredient information.

What do you think of the proposed requirements? Send your comments before July 6 to the USDA Hearing Clerk, Washington, D.C. 20250. In duplicate, please.

COMMENTS AND INQUIRIES TO:

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